

## Feeding Other Foods Low in Essential Nutrients (AK 49-USDA 416)

### Explain to Participant

You're enrolled in the WIC program today because you have been feeding your infant foods that will not help her grow or stay healthy. If your baby eats poor quality foods, she will not have an appetite for the important foods such as mother's milk, iron-fortified formula, strained vegetables or infant cereal. Some "grown-up" foods and beverages may even be harmful to babies.

### Goal

The goal is to discourage the use low quality foods in infancy and to assure the intake of adequate nutrients with age-appropriate foods and beverages.

### Suggestions for Reducing Risk

Infants up to one year of age should consume  $\geq$  24 ounces of iron fortified formula **OR** receive breast milk 4-5 times in 24 hours

Never feed an infant any beverages containing caffeine, such as soda, tea or coffee. Offer no more than 4-8 ounces of water per day to infants. Water is appropriate only for infants who have already started taking solid foods or in very hot weather. Babies should never be given foods such as sweetened beverages, chips, candy, ice cream, cakes or canned soups and stews. These foods may be too high in salt, fat and sugar for the an infants immature kidneys and digestive system.

### Nutrition Education Material Suggested

Explain the nutrition education material suggested.

**Ready, Set, Feed Me!**

### Explain Applicable WIC Foods

#### WIC Foods

Iron Fortified Infant Formula  
Iron Fortified Infant Cereal  
WIC Juice

#### Nutrients Provided

Calcium, Vitamins A & C, Protein, Iron  
Iron  
Vitamin C

### Explain What the WIC Nutrients Can Do for You!

#### Calcium

Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.

#### Iron

Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.

#### Vitamin C

Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.

**Protein**

Makes up part of every cell in your body. Builds and maintains muscles and other tissues.

**Vitamin A**

Helps keep your skin healthy and smooth. Helps you see at night.

**Materials with More Information**

Bright Futures for Infants